THE TACOMA FACTS

10¢ "BRIDGING THE COMMUNICATION GAP" 10¢

Volume 3 Number 2 1325 SOUTH 'K' ST. TACOMA, WASH. MA 7-5597 January 4, 1973

Serving: Tacoma and Fort Lewis McChord Airfield Military Personnel

EGYPTIAN LODGE #44 MADE CHRISTMAS JOYOUS

Happy Day For All

Members of Egyptian Lodge #44

Children receiving gifts

NCO Wive's Club Selection To Military Wife Of The Year

MCCHORD AFB, Wash., (MAC)-- The wife of a flight engineer has been nominated by the McChord NCO Wive's Club to participate in the 1973 Military Wife of the Year competition.

Mrs. Robert M. DeHaven, wife of CMSgt. De Haven of the 8th Military Airlift Squadron (MAS), has been stationed here for more than 12 years and has kept herself quite busy in base, religious and community affairs.

The Effingham, Ill. native has held positions of vice-president, secretary-treasurer, treasurer, assistant treasurer, welfare chair man and wing council representative with the NCO Wive's Club.

Mrs. De Haven has also served in several capacities with the former 7th MAS and 8th MAS Wives' Clubs.

The former beauty shop owner/manager has had assignments with her husband in Panama and Alaska. She also maintains an active membership with the National Hairdresser's Association.

She has many responsibilities in religious organizations, such as being secretary to the Catholic Women's Sodality and a member of the Catholic Daughters of America.

She has organized several projects which has enhanced better relationships between the base and our civilian counterparts. One of those projects was the collection and delivery of magazines, books, fruit, cookies and clothing to Madigan General, Washington Western State and American Lake hospitals. She has also assisted in the purchase and delivery of Christmas gifts to those hospitals and servicemen in the Republic of Vietnam.

Mrs. DeHaven also fits scouting on her calendar. The former cub scouting Den mother was recently cited by the Mount Rainier Council of the Boy Scouts of America in gathering funds to obtain camperships for four scouts in the Hilltop scouting district of Tacoma (troop 207).

With all of these activities she still finds time to play cards, go bowling, camping and garden work.

Mrs. De Haven has two children, Rose Marie and William.

Her nomination will be forwarded to MAC headquarters in January 1973 and if selected will be sent forth to Washington D.C. for entry into the Air Force-level competition.

Council Approves Cop

The City Council approved a contract for the Model Cities Career Opportunities Program (COP) December 19.

COP is an education project helping Model Neighborhood residents to complete their college education and to earn teaching certificates. Individuals in the program work for the Tacoma School District as teacher aides and attend school at the same time.

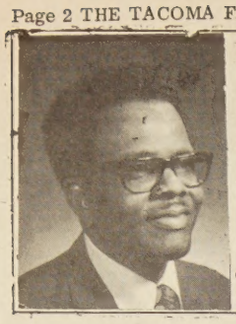
The COP project is several years old and was started by the Tacoma School District. Model Cities supports 25 people in the program; 23 are Model Neighborhood residents.

The Council also approved a lease with the Tacoma Urban League for office space for the Narcotic Intake branch of Youth Outreach. The drug rehabilitation program has been operated by the Metropolitan Development Council, but recently it has been integrated into the Youth Outreach Project of Model Cities.

W.M. Price presents check to Mrs. Morris

Egyptian Lodge #44, F&AM, joined with the Hilltop Community Day Care Center to make this year Christmas season a very joyous one for the kids and the Center. On December 22nd, Worshipful Master Jessie Price and members of Egyptian Lodge #44, journeyed to the Day Care Center to participate in a XMas party and to donate $350.00 in toys for the kids. Senior Warden Charles Lane received the toys from Sear's Department Store of Tacoma. Worshipful Master Price, with the assistance of Melvin Jenkins, presented Mrs Morris, Director of the Center, with a Check for $127.50, for the purchase of new chairs and tables for the center, and presented to the Center Educational table toys to be used by all children at the Center.

Worshipful Master Price and members of Egyptian Lodge #44, has taken this occasion to start the coming year off as one of becoming more involved in community cooperation, and participation in the true tradition of Prince Hall Freemasonry in leadership, friendship, morality and brotherly love.



You Are Invited to the
St. John Baptist Church
So. 20th & J St.
Tacoma, Wash.
Sundays. 10am, -11am.
We Offer
Family Counseling &
Spiritual guidance.
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Pastor
Office... Res.
Ma. 7-6171 LO-4-5486

OWC's Nominee To Military Wife Of The Year Contest

MCCHORD AFB, Wash., (MAC) -- A very community-minded person, especially with her recent voluntary assistance with the Puyallup Valley Daffodil Festival, was selected by the McChord Officer's Wives Club (OWC) to participate in the upcoming Military Wife of the Year program.

Mrs. Garvie S. Fink, wife of Lieutenant Colonel Fink, Chief of the Combat Operations section here, is on her second leg toward becoming the MWOY for 1973. Her name will be submitted with several nominees from the six Military Airlift Command bases throughout the United States to determine who will represent the command. If selected, her credentials will be forwarded to Washington D.C. for entry into the Air Force-level competition.

The Texas native is a graduate of Brantley-Draughn Business college at Ft. Worth, Tex. and has worked as a civil service employee in Japan and Denver, Colo. She was also employed several years with General Dynamics Corporation.

Prior to coming to McChord in 1969, Mrs. Fink spent several years with her husband at the following areas: Japan, the Philippines, Alaska and stateside assignments at Wright-Patterson AFB, Ohio, Ardmore, Okla., Norman, Okla., San Antonio, Tex., Maxwell AFB, Ala. and Lockbourne AFB, Ohio.

Throughout her years in the Tacoma area, a primary concern of Mrs. Fink's has been assisting the youth. This former Brownie Scout leader and 4H club assistant leader is presently concentrating her efforts and time for the upcoming Puyallup Valley Daffodil Festival. The festival, the fifth largest floral parade in the United States, acts as a business stimulator and gives local youth an opportunity to display their talents in parades, pagentry and special events.

For the past two years, Mrs. Fink has served as a chaperone for the high school princesses who are candidates for the Queen of the festival.

Mrs. Fink is also an active member of the Acacia Chapter of the Eastern Star No. 37 and a "kegler" with a local bowling league. Her hobbies also include sewing and gardening.

Besides her civilian activities, she is a volunteer at the McChord Thrift Shop. She served as the assistant OWC chairman of that shop and she is presently holding the shop coordinator position. The profits of the Thrift Shop go to charities and youth activities here.

The former civil service employee has been a spotter for new wives in the 62d Military Airlift Wing and has served on the hospitality committee for the McChord OWC. She is also a Red Cross volunteer at Madigan General Hospital.

Mrs. Fink has one daughter, Jean, 20, a former Daffodil queen.

Brown sees the President

White House assistant Robert J. Brown meets with President Nixon at his Camp David, Md. retreat. Brown, a special assistant to the President, was the only Black called by the President to his retreat located outside Washington, D.C. He told the President that he will return to his private business, a Communications and Public Relations firm, in High Point, N.C., at the end of January.

Prospective Volunteers Invited To Orientation

Prospective volunteers are invited to attend an orientation meeting at Purdy Treatment Center for Women on Wednesday, January 10, 1973 at 2:00 p.m. The programs in effect at the Center will be discussed.

Volunteer activities include arts and crafts, chapel services, clerical help, clinic assistance, entertainment, homemaking skills, library, music lessons, recreation, research, and sponsor program. Sponsors are friends to residents on a one-to-one basis.

Those who wish to attend should call Mrs. Eleanor Green, volunteer service coordinator at Purdy Treatment Center, 858-9101.

Task Force Meetings Changed

All Model Cities Task Force meetings will be changed to the second and fourth Mondays of January instead of the usual first and third Mondays.

The changes have been made because New Years Day fell of the first Monday of January. Task Forces will meet January 8 and 22, 1973, at McCarver School at 7:30 p.m. Meetings will return to their normal days in February.

McDonough Succeeds Richardson In Tacoma Police Department

Capt. James A. McDonough, 42, has been named as Assistant Chief of the Tacoma Police Department, with rank of Major, succeeding Major Russell R. Richardson, Jr. who will retire from the Department January 3, 1973.

Chief of Police Lyle E. Smith said Major McDonough would be assigned a priority area of responsibility upon assuming his new position with the Department. Smith said the new assistant chief would be responsible for directing the implementation of a new communications and radio modernization project.

"We feel this project deserves a priority rating," Smith commented. "Major McDonough will direct operations regarding this project and, upon completion of that assignment, will be assigned additional duties associated with his position."

Smith added there would be a realignment of responsibilities within the Department when the modernization project has been completed. In his new position, McDonough will also serve as an advisor to the Chief of Police in all matters concerning the Department.

Major Richardson's retirement sparked the appointment of McDonough to his new office and also necessitated in several intra-departmental reassignments. Smith said those reassignments would be announced next week when plans have been finalized.

Major McDonough joined the Tacoma Police Department as a patrolman February 25, 1954. He was promoted to the rank of sergeant March 30, 1959 and to lieutenant January 2, 1967. His rank of captain was earned late in 1970.

McDonough has served the Tacoma Police Department in the Patrol, Detective and Planning and Training Divisions. He has just completed a special assignment with the City Manager's office which was for three months. Major McDonough is married and he and his wife have five children.

Major Richardson, 48, began his service with the Department in August, 1947. He advanced through the ranks in Patrol, Traffic, Training and Detective Divisions until he was named as assistant chief in April, 1970.

His assignment while assistant chief has been in the administrative bureau of the Department. Richardson is a graduate of the FBI National Academy and has had experience in all facets of law enforcement.

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Tacoma Veterans Action Center
1321½ South 'K' Street

All veterans who are making the change from Military to Civilian status, stop in and see us about any service you are looking for. If we do not have it we will refer you to the department that will give you the answers. If you are unable to come to us CALL FU 3-4008, and we will come to you.

A Model Cities Project
TACOMA URBAN LEAGUE
Operating Agency

Life Manor

Beautiful LIFE MANOR, located at 1601 South Puget Sound, is now receiving applications for tenancy.

LIFE MANOR is a Retirement Residence designed for the active Senior Citizen. Special features include all-electric heating, wall-to-wall carpeting and color-coordinated draperies. Each apartment has its own modern bathroom and complete kitchen facilities.

For more INFORMATION call Sk2-3577.

DISCOUNT with a DIFFERENCE

SAFEWAY

DISCOUNT

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Prices effective Wednesday, January 3rd through Saturday, January 6th. No sales to dealers.

Here's What "Discount with a Difference" Means!

Our Discount With a Difference program offers money saving prices on the wide variety of high quality meats, produce and other foods which helped to build Safeway's reputation.

When we converted to discount, we made sweeping changes in operating methods. These changes, which included new pricing methods and the elimination of unnecessary merchandising expenses, reduced our costs of doing business. Our savings were immediately reflected in substantial price reductions. We introduced our every day low level prices which helped to make the discount program so popular and effective. With low prices in effect all week long, there was no longer need to postpone shopping until the weekend. Low level prices gave our customers added incentive to buy from us all of their food needs. With shopping spread more uniformly throughout the week and throughout the store, our whole business became more efficient. We streamlined ordering, stocking and price marking. We increased checkstand efficiency and lessened the possibility of errors at checkout.

Savings in our costs of doing business continue to be reflected in the prices of things we sell. Shop Safeway for the finest foods and a low total food bill. That's Discount with a Difference.

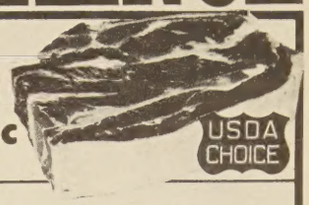
Beef TOP ROUND Steak ..... U.S.D.A. Choice Boneless Beef, lb. $1.59
Beef Rump Roast ... U.S.D.A. Choice, lb. $1.15
Beef Cube Steaks U.S.D.A. Choice, lb. $1.49
Beef CROSS RIB Roast ..... U.S.D.A. Choice Beef Boneless, lb. $1.19
Sliced Beef Liver .... Skinned & Deveined, lb. 75¢
BEEF PLATE Short Ribs ..... U.S.D.A. Choice, lb. 59¢
Beef Stew Meat .. U.S.D.A. Choice Boneless Cubes, lb. 98¢

Seafood Features

Fish Sticks ..... lb. 73¢
Fish Crisps ..... lb. 85¢
Fish & Cheese Portions lb. $1.03
Cooked Shrimp Heat & Serve ... lb. $2.09
Cooked Haddock ..... lb. 89¢
Cooked Scallops ..... lb. $2.35
Perch Fillets ..... Or Sole, Cooked, lb. 87¢

BLADE CUT Roast

Choice Aged Beef lb. 69¢



Sliced Bacon ..... Banner, Smoked, lb. 79¢
Beef Sausage ..... Safeway, 5-lb. Roll $2.05
Lean Ground Beef Premium Quality, lb. 86¢
Beef SIRLOIN TIP Roast ..... U.S.D.A. Choice, lb. $1.49

Wieners
Safeway Beef
Quality Family Favorite lb. 79¢

Sausage
Jimmy Dean Pork
Pure Pork Regular or Hot lb. 98¢

SAFEWAY Bake Shop

Butter Top Bread Mrs. Wright's 22½-Ounce 35¢
Butterhorns ..... Mrs. Wright's 13's 99¢

TOWN HOUSE **Chili** with Beans SUPER SAVER 15-oz. 31¢
Crackers Buttery Baker Oysters, 14-oz. 33¢

PACK TRAIN **Syrup** Maple SUPER SAVER 21-oz. 39¢
Pancake Mix, Kitchen Craft, 4-lb. 61¢

Peanut Butter Real Roast 3-lbs. $1.38

Sandwich Fixin's

Strawberry Preserves or Jelly Empress 20-oz. 59¢ SUPER SAVER

Apple Jelly .. Empress 20-oz. 45¢
Marmalade . Orange Empress 20-oz. 49¢
Jif Peanut Butter . 28-oz. $1.02

Don't Forget These!

Quality Cut Spaghetti ..... or Macaroni, 3-lbs. 65¢
Ragu Spaghetti Sauces ..... 15½ Ounce 45¢
Busy Baker Snackers ..... Assorted, Each 35¢
Zippy Cucumber Chips .... or Whole Kosher Dills Fresh Pack, 22 Ounce 44¢
Rice-A-Roni Mix ..... White & Wild Rice, 6 Ounce 73¢
Lucerne Coffee Tone ..... 16 Ounce 69¢

More To Choose From

Cragmont Drinks 46-oz. 25¢
Catsup .... Del Monte, 32-oz. 53¢
Town House Catsup 32-oz. 45¢
Mayonnaise ... Nu Made Quart 59¢
Salad Dressing ... Nu Made, Qt. 55¢
Pancake . Flour, Centennial, 4-lb. 62¢
Corn Meal .... Kitchen Craft, 5-lb. 55¢
Crisco Oil ..... 38 Ounce 91¢
Flour .... Kitchen Craft, 10-lbs. $1.02
Candi Can Sugar 10-lb. $1.31
MJB Coffee 2-lbs. $1.71

Paper Products

Brocade .. Bathroom Tissue 4's 36¢
Bath Tissue ..... Royale 2 Rolls 30¢
Chiffon Towels ... 120's 32¢
Foil ..... Aluminum Kitchen Craft 12" x 25' 25¢

REFRIGERATED FOODS

SUPER SAVER **Butter** ..... Darigold Grade AA Cubes, lb. 84¢

Margarine ..... Coldbrook Cubes, lb. 19¢
Imperial ..... Regular Margarine, Pound 45¢
Diet Imperial ..... Margarine, lb. 46¢
Medium Cheddar ... Safeway Cheese, lb. 99¢
Monterey Jack ..... Safeway Cheese, lb. 93¢
Lucerne Salads ..... 15 Ounce 39¢
Two Ten Milk ..... Lucerne Low Fat ½-Gal. 53¢
Non Fat Milk ..... Lucerne, Half Gallon 51¢

CREAM O' THE CROP
SUPER SAVER **Large AA Eggs** Dozen 64¢

Household Helpers

Spic & Span Cleaner .... 54-oz. 93¢
Downy Softener 64-oz. $1.59
Fabric Softener ..... White Magic, 64-oz. 99¢
Liquid Cleaner ..... White Magic, 28-oz. 49¢
White Magic ..... Oven Cleaner, 8-oz. 55¢
Rug Shampoo .... HR 2 Spray Foam, 22-oz. $1.49
Wax Remover ..... Bruce 5-Min. 38-oz. 99¢
Acrylic Finish ..... Bruce for Floors, 27-oz. $1.09
Bruce Finish ..... Acrylic for Wood Floors, 27-oz. $1.09
Eveready Batteries ... Flashlight "D" Cell, 2's 49¢

DISCOUNT FROZEN FOODS

Shrimp Creole .. Captain's Choice, 8-oz. 63¢
Bel-air Squash . Cooked, 14-oz. 17¢
Dole Juice ..... Pineapple-Orange, 6-oz. 21¢
Orange Treat ..... Bel-air 9 Ounce 35¢

Serving Suggestion

Ice Milk Lucerne Assorted Half Gal. 59¢ (Gallon Carton $1.17)

BEL-AIR **Hash Browns** 2-lbs. 33¢

Vegetables Bel-air Variety
Cut Corn, Green Peas, (Peas & Carrots, 22¢) 10-oz. 20¢

Safeway Produce

Crisp Romaine ..... Ea. 19¢
Fresh Mushrooms ..... lb. 79¢

Delicious Apples
Red or Golden Extra Fancy lb. 19¢

Large Cucumbers ..... Ea. 19¢
White Turnips ..... 2 lbs. 29¢
Cherry Tomatoes ..... 12-oz. cup 39¢
Sweet Rutabagas ..... 2 lbs. 29¢
Large Avocados ..... 2 For 49¢

Juicy Tangelos
Peak Season Sweet Quality lb. 19¢

DISCOUNT HEALTH & BEAUTY AIDS

Ultra Ban 5000 ... Antiperspirant, 3-oz. 99¢
Ban Roll-On ..... 1.5 Ounce 87¢
Scope Mouthwash 18-oz. $1.13
Deluxe Toothbrushes . Safeway, Each 39¢
Pearl Drops ..... Toothpolish, 1.5-oz. 79¢
Di Gel Tablets ..... 36's $1.13
Excedrin ..... 100's $1.19
Safeway Aspirin ..... Buffered, 100's 49¢
Safeway Vitamin C .. 250 mg. 100ct. 59¢
Vicks Nyquil ..... 10 Ounce $1.73
4-Way Nasal Spray ..... ½-oz. 73¢
Miss Breck Spray .... For Hair, 13 Ounce 63¢
Head & Shoulders ..... Lotion, 11-oz. $1.69
Prell Concentrate .... Shampoo, 3 Ounce 79¢
Intensive Care ..... Lotion, Vaseline, 15-oz. $1.19
Complexion Soap ..... Truly Fine 3½-oz. 10¢
Truly Fine Soap ..... Bath Size 5-oz. 14¢

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Seniors Celebrate Christmas

Campfire Girls pass our presents to seniors at Christmas party.

Seniors prepare for their Christmas Dinner.

Over 50 senior citizens celebrated Christmas with a party at the Model Cities Senior Citizens Center December 22.

After some group singing, the seniors ate their Christmas meal. Later they were entertained by Campfire Girls who sang Christmas carols for the group.

At the end of the party, each senior received a Christmas gift.

As one of the seniors presented a gift to Center Director Bertie Edwards, she said, This is for helping us do things we never thought we could do."

"It's a good idea," replied the Prince, "somebody ought to try it."

Car Talk

How To Cut Costs And Pollution

Despite growing public concern about air pollution, many drivers continue to ignore the simple steps they can take to minimize pollution created by their personal cars.

Motorists receive a double bonus when common sense maintenance procedures are observed, say engineers for Wix Corporation, one of the nation's leading suppliers of auto filters. Proper maintenance results in lower operating costs and reduced auto pollution.

Emission control systems are now mandatory on all U.S.-built cars, but they are a mixed blessing for drivers who don't maintain them properly. When the crankcase emission control system burns residual vapors, it creates a byproduct that can dilute engine oil, form sludge and eventually shorten the life of key components or even the engine itself.

Buildup Boosts Costs

The crankcase buildup also reduces engine efficiency and raises operating costs by increasing the consumption of gas and oil. And, of course, the emission control system loses a good deal of its pollution-abatement capability.

Faulty systems are relatively easy to spot and generally simple to correct. Perhaps the most common symptoms are rough engine idling and the escape of blue smoke from the exhaust system. If you detect, or suspect, either condition, ask your mechanic to check your emission control system.

For do-it-yourselfers, the system check is relatively simple, say the engineers.

✓ Check the oil filler cap or breather. If it is emitting smoke, the problem probably is a clogged PCV valve that should be cleaned or changed.

✓ An oily air filter can indicate that a PCV valve is stuck open or that a crankcase breather is not working. When this symptom occurs, the valve and breather should be checked and the filter should be changed.

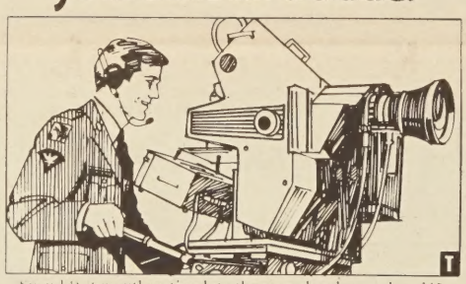
✓ If the filter element isn't oily but appears dirty, tap it lightly with a wrench. If this causes a spill-out of dust and other particles, it's another sign that the filter needs changing. Most filters, as well as PCV valves, are good for 12,000 miles or one year of service.

✓ In the event of extensive stop-and-go, short-trip driving, the filter and valve should be checked more frequently.

For the pollution-conscious, or cost-conscious, driver, frequent checks of emission control systems should become a way of life. The time involved is slight, the cost is minimal even if some components need replacement, and the contribution to cleaner air and smoother car operation can be significant.

To do exactly the opposite is also a form of imitation.

We'll trade you your time for a trade.



Spend 16 months active duty, then a weekend a month and 15 days in the summer. In turn, we'll teach you one of over 300 skills.

The Army Reserve.
It pays to go to meetings.

Social And Health Services Questions And Answers

Question: IF I GO TO WORK, WHAT SHOULD I REPORT?

Answer: You should tell your financial worker that you are going to work but also tell them how long before you get paid, what your gross income is, work expenses, etc. It may not be necessary to terminate your grant because you may still be eligible for some assitance, medical benefits or food stamps.

Question: IF I GO TO WORK CAN I GET PAYMENTS FOR CHILD CARE?

Answer: If you are a single parent family, you may be eligible for child care services. You should request this of your financial worker. You will also need to see a service worker to set up child care plan.

Question: WHEN I CALL MY FINANCIAL WORKER, THE LINE IS ALWAYS BUSY, WHAT CAN I DO?

Answer: If you can, you should try to call between the 15th and 30th, of the month and you would probably get through. There are a great number of calls between the 1st and 10th of the month. You may report changes to the office in writing by mailing correspondence to 720 25th Avenue. To reach your financial worker, if your name begins with A-K call 464-6836, L-Z call 464-6821.

Question: IF I DO NOT AGREE WITH A DECISION MADE BY THE LOCAL OFFICE, IS THERE ANYTHING I CAN DO?

Answer: Yes, you may ask for a fair hearing. You should first talk about your problem with your local office. If the local office can't help you, you may still ask for a fair hearing. You have 30 days from the time you were notified about the decision on your request to ask for a fair hearing. Make sure of the dates. A form asking for a fair hearing is available at your local office. You may also request a fair hearing by writing a letter to the Director of the State Department of Social and Health Services at Post Office Box 1162, Olympia, Washington 98501. You should say why you are asking for a fair hearing. You are entitled to be represented by an attorney or representative of your choice. Should you need legal assistance you can contact Seattle Legal Services by calling EA3-0350.

Question: HOW DO I FIND OUT WHO MY CASE WORKER IS?

Answer: In the Capitol Hill local office, every client is assigned both a financial worker and a caseworker. Even if your case is "banked" you have a worker who is assigned to help you if you need it. Call 464-6770 and give your last name and you will be connected with a worker or given a time when the worker can be reached.

Question: IF I JUST WANT TO APPLY FOR FOOD STAMPS, WHAT MUST I DO?

Answer: If you live in the Capitol Hill area, (zip codes 98122, 98112, 98102), you should call 464-7260 and make an appointment for an interview. The office is located at 720 25th Avenue, Seattle, 98122.

Because of Department of Agriculture regulations, when applying for food stamps you need to bring in verification, (proof) of:

1. Where you live
2. How many people live with you.
3. How much rent you pay
4. How much utilities.
5. How much income you have each month, if any.
6. Proof of any resources, such as your bank statement, savings booklet, etc.

The amount(s) of your income, resources and expenses will establish whether or not you are eligible for food stamps and the amount you must pay for them.

The FACTS Newspaper has more readers than the combination of any two weekly newspapers in Seattle–King Surveys

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Swaneez
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For the finest, fastest color finishing service leave your films at
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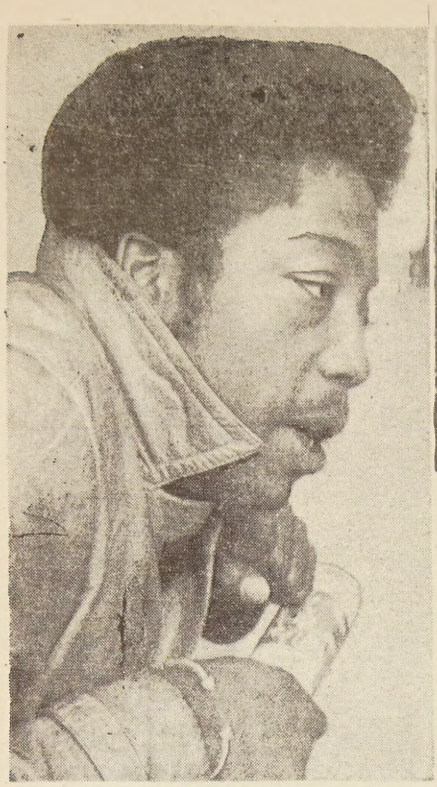


LOMBARDI NOMINEE—Middle Guard Rich Glover, named to every recognized All-America squad and third-place finisher in the Heisman Trophy balloting, is one of four finalists selected for the Vince Lombardi Award, voted to the year's top collegiate lineman. Other nominees for the Jan. 18th presentation are Texas' Jerry Sisemore, Oklahoma's Tom Brahaney and Alabama's John Hannah.

The Hazards Of A Sports Fan

The sports fan who spends the weekend in an easy chair watching football on TV can wind up with many of the same aches and pains as the players on the field.

So says Dr. Melvin Post, Chairman of the Division of Orthopedic Surgery at Michael Reese Hospital and Medical Center, Chicago.

The doctor points out that one of the worst things to do is slump in a chair in front of the TV set after eating a big meal – such as we often do during holidays. It can be especially disastrous if you should fall asleep in that reckless position. Upon awakening, you will probably discover your neck is stiff and may also be sore.

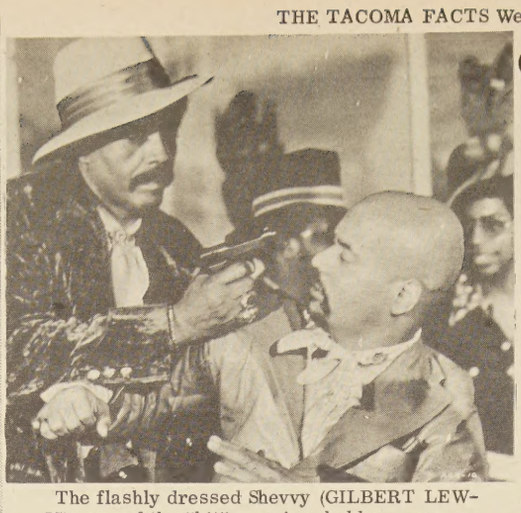
If you are tired and sleepy, advises Dr. Post, lie down and take a nap.

If you plan to sit for hours watching the games – get a comfortable chair, sit back in it, stay awake and keep moving. It's also a good idea to stand up and walk around every half hour or so. Exercise keeps the blood moving in the muscles.

And, says the doctor, if the compulsion overwhelms you to get out in the back yard and toss a football around with the kids, watch out. Don't try more than a pass or two, unless you have kept in shape all year. When not

in shape, it's easy to pull a back muscle or cause a sprain to the back, wrist or an ankle.

Finally, if you have arthritis or an old bone or joint injury, you can believe what it tells you about the weather. Dr. Post says he has enough patients with this built-in barometer to know that when their bones ache, the weather is going to worsen. "Something about the lowered atmospheric pressure provokes the pain about 18 to 24 hours before the bad weather," he observes. If you live in an area where it is liable to be icy, be even more careful. In some seasons, plaster of Paris over broken bones is almost as widespread as snow over the ground.



The flashly dressed Shevvy (GILBERT LEWIS), one of the "hit" men in a hold-up murder directed against the Harlem mafia, threatens one of his rivals in "Across 110th Street," a United Artists release.

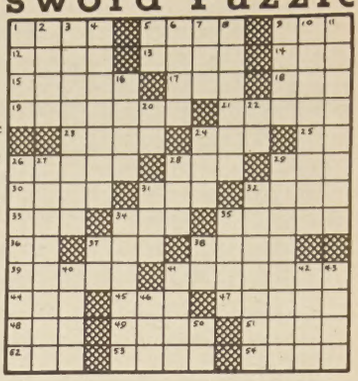
Joe Logart (EDWARD BERNARD), disguised as a policeman, holds up a mafia-dominated Harlem numbers bank, getting away with $300,000 in this key scene from "Across 110th Street," a United Artists release.

Keep them earning for you.

If you have prior service, you can earn up to $75.96 per weekend meeting, plus retirement benefits.

The Army Reserve.
It pays to go to meetings.

Crossword Puzzle



ACROSS

1. Harbor
5. Piece of news
9. Tree
12. Declare
13. You: archaic
14. Number
15. Desert beast
17. Give weapons
18. Greek letter
19. Component
21. Foundation
23. Medicine amount
24. Damp
25. State: abbr.
26. Awakens
28. Deface
29. Enthusiast
30. Dregs
31. Marsh
32. Whale
33. Finish
34. Church seat
35. Carried
36. Suffix: past tense
37. Suit
38. Confined
39. Foot-lever
41. Bits
44. Anger
45. Field
47. Ethical
48. Building wing
49. Formerly
51. Russian river
52. Cereal
53. Cry
54. Whirlpool

DOWN

1. Step
2. Egg-shaped
3. Cured
4. Trembling fits
5. That thing
6. Which
7. Ever: poet.
8. Part or limb
9. Enemies
10. Familiar
11. Thought out
16. Fewer
20. Neon: chem.
22. In
24. Shake
26. Drowsier
27. Gently
28. Cut grass
29. Chained
31. Wager
32. Comfort
34. Cushion
35. School period
37. Musical note
38. Italian river
40. Omit: print.
41. Spice
42. Ground
43. Kill
46. Compass point
50. Prefix: on

Answer to Puzzle

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FIND WORK
RENT
FIND JOBS
SELL
ANYTHING
BUY
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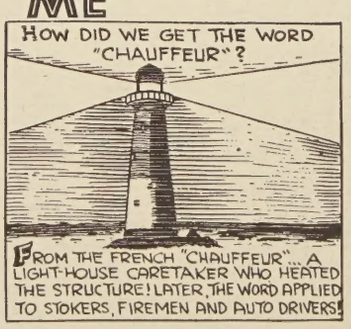
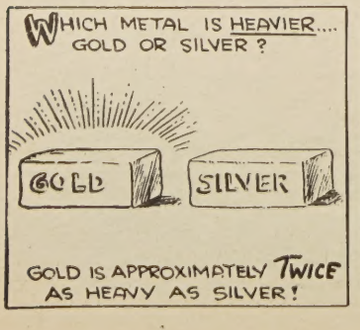
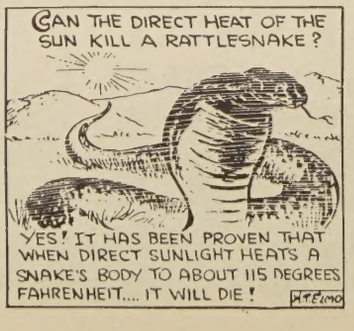
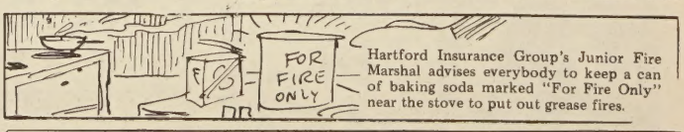
TELL ME

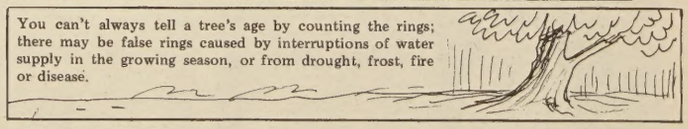

HOW DID WE GET THE WORD "CHAUFFEUR"?
FROM THE FRENCH "CHAUFFEUR"... A LIGHT-HOUSE CARETAKER WHO HEATED THE STRUCTURE! LATER, THE WORD APPLIED TO STOKERS, FIREMEN AND AUTO DRIVERS!




CAN THE DIRECT HEAT OF THE SUN KILL A RATTLESNAKE?
YES! IT HAS BEEN PROVEN THAT WHEN DIRECT SUNLIGHT HEATS A SNAKE'S BODY TO ABOUT 115 DEGREES FAHRENHEIT.... IT WILL DIE!



Hartford Insurance Group's Junior Fire Marshal advises everybody to keep a can of baking soda marked "For Fire Only" near the stove to put out grease fires.



You can't always tell a tree's age by counting the rings; there may be false rings caused by interruptions of water supply in the growing season, or from drought, frost, fire or disease.

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SEE YOUR AGENT OR BROKER

Exploting Research of Blacks

By Bobbie Z. Session

The underground roots of blackness was brought to a unknown land for the sake of a white profit. Blacks was kept in slavery for generations until the Civil War, between two regional groups of white Americans. During two years, no one wanted Blacks involved in the fighting. There was two hundred thousand Blacks soldiers fought in the Norther Army, in addition to the Black laborers, servants, spies, and helpers in both armies. After the result of the war, four million Black slaves were liberated, to another uncertain society of public white facilities. Blacks was non-profitable to whites as in slavery before the Civil War. 1 Blacks wanted to celebrate freedom, but the roots of Civil War that band many branches to reverse power over Blacks. The relative lack of Black progress in businesses was less. Great militant leaders Booker T. Washington, the great apostle of accomodation and W.E.B. Du Bois were urging Blacks to go into business in order to develop the wealth and power, Blacks needed to change their position in American society. Their exhortations were in vain. 2 There's a lack of black own insurance companies, which the black man paids a white premium to die within his contracts, banks, which blacks invest, to build more capital toward another white own bank. Publishing companies, which produce some ant-black history to white wash the black mind. These are a few that aids the problems in black identity. Blacks or like a African horse, the zebra of night and day. There's no main identification between blacks, nonviolence editing and producing of newspapers and magzines about blacks are big sellers on the white markets. The Blacks are over a barrel, which america won't be able to furnish enough jobs for her own millions of unemployed, in addition to jobs for 20,000,000 black people as well. 3

Blacks abilities are question by the whites but who assume that these skills where focus on the teaching of whites. White teacher that had much less of a sense of auditory discrimination and less abilities to get blacks threw the program. Instead the employment of blacks were dealing with lower social class of people to quit niggers down. The reconstruction non-existent education for blacks are popping out the forbidden laws of whites, a whole central nervous system developments are directly toward blacks and the out coming years. The environments of past black years and today black society there's more civil rights which are undercover. If the native tongue of blacks was Arabic (North African), the speech would be narrow than English, english communication are on lower and high levels, which the black man are base on the lower level due to less progress in the lower social class of people. Unity of blacks are broken up into many group and parties looking for the system of life. A free life for blacks have more distraction toward progess to keep the black man from obtaining his goals. The dominion ethnic group will mix races and influence new characterize of the new born, but the reality law for revolution of human life between brown eyes and blue eyes to over come the stuggling of society, when no person can realize the identy of blue eyes until their objectives and missions are cut back for which they identify themself as individuals.

The white public has grown accustomed to thinking niggers are all alike, this might lead to a false sense of security in blacks. Repect for blacks will prove even more helpful but the whites tends to not forget a nigger is to be a depressant to their (white) socity. Since sex hormones control the development of the secondary sex charaterestics, whites increase the depressants toward blacks, which in return appear in the change of blacks socity.

1. The Negro in 20th Century America by John Hope Franklin & Isidore Starr Pg. 29, Selection 10B
2. Crisis in Black & White by Charles E. Silberman Pg. 125
3. Muhammad Speaks Oct. 27, 1972 Vol. 12 No. 72 Sections Pg. 32

First Black Housing And Urban Development Director Talks About The Poor And Model Cities

by Deborah Jefferson

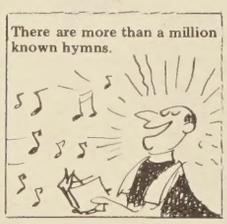
Dr. Robert C. Weaver, professor of public affairs at Hunter College in New York and former director of the Department of Housing and Urban Development, spoke along with Dr. Robert Lampman, professor of economics at the University of Wisconsin on the topic of "Income Patterns Of The Urban Poor and The Implications For Model Cities," at Seattle University.

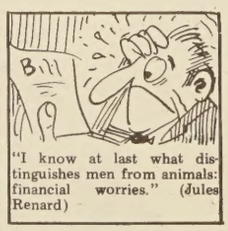
Dr. Weaver, is a national authority on housing and it was under his guidance that the Model City legislation was passed by Congress. "I know more about the total program than portions of the program. An expert is an expert as long as he doesn't talk about local interests," he explained. In noting some of the past problems of the Model City Program, he stated that in 1965, there was too much fragmentation in the program and not enough consolidation, that the ability of the cities to carry out the plans was over estimated and the program was rushed by deadlines because if they were not met, then Congress would not appropriate money for the programs.

Dr. Weaver also noted some positive aspects of the Model Cities program. He noted that within the Model Cities Program, "Many of the local governments have learned to work with people as they have never worked before." He also noted that citizens were able to express their beliefs and make their feelings understood. An actual, "blueprint" with guidelines for citizen participation had never formulated and Weaver felt that this was to the program's advantage. Weaver explained that the planning for Model Cities was not to be done on the federal level, although, the federal government formulated the concept of goals and the general methods by which they could be carried out. The planning had to be done in the neighborhoods; the Model City areas, he noted. "The plans emerged from the local community" Dr. Weaver explained. He noted that ghetto areas could not be restructured if the people in those areas did not have some say.

In his discussion about revenue sharing, Weaver stated, "The real problem here is the problem of shared responsibility and authority, the process of give and take." Dr. Weaver expressed the idea that if revenue sharing funds are squandered, then they will be cut off. He esserted that as long as the politicians are extracting dollars from citizens, they must be "accountable" for those dollars regardless of who spends them. He noted that there had been an "explosion" of goals and that we must look at the quality and delivery of services, because new goals present new problems. Dr. Weaver stated that he was, "very disturbed about what revenue sharing is being used for."

Dr. Rbert Lampman noted that the war on proverty program under the Johnson administration created a "new concern for uniformity." Dr. Lampman is the director of the Princeton Income Maintenance Study of the University of Wisconsin. This program began to examine "what poverty means, especially in an affluent society like ours." "May be poverty wasn't the word," he stated. He noted that concern was given to what the goals of the program were and how the goals should be achieved. Dr. Lampmann described the New Jersey Plan which is a three year plan involving 1,000 families. The New Jersey Plan is a study of the intake of 1,000 families, which is headed by one person and families which have high and low guarantee benefits.





"I know at last what distinguishes men from animals: financial worries." (Jules Renard)

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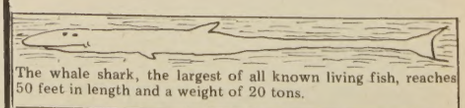
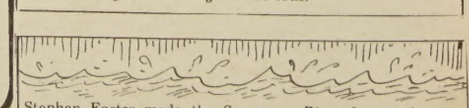

The whale shark, the largest of all known living fish, reaches 50 feet in length and a weight of 20 tons.


Stephen Foster made the Suwannee River famous in song, yet he never saw it.

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As a homebuyer, you will realize several advantages: the interest you pay is wholly income tax deductible; you will soon build an equity in the value of your home . . . making your net worth grow; your home is your castle . . . yours to live in, in your own individual style.

Some of these homes are still available under HUD's Section 235, to qualified low and middle income buyers. Section 235 provides for minimum down and low monthly payments, with low interest rates. Consult your Real Estate Broker about "235" provisions. He can tell you how they apply to you, and if "235" is your best way to buy.

HUD doesn't sell houses, so please don't call HUD for details. All sales are made through professional Real Estate brokers. Almost all licensed Real Estate brokers have complete lists of homes available. They will be glad to help you find the home suitable for you, and to answer all your questions. Call one today. Ask him about HUD availabilities.

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NBA names a Black as vice president

The National Basketball Association took the lead in the major sports hierarchy by promoting its black lawyer to vice president of the Administration.

The 32-year-old Simon P. Gourdine became the highest-ranking Black in any administration capacity in the history of professional sports. Gourdine joined the NBA June 1, 1970 as Assistant to the Commissioner, Walter Kennedy.

His previous responsibilities were diversified.

He was appointed vice president along with Ross S. Taber and Frederick M. Campbell.

Got law degree

Gourdine who received his law degree from Fordham Law School in 1965 is currently pursuing a Master's degree in Business Administration at Fordham Graduate School of Business Administration.

He was born in Jersey City and his parents moved to New York when he was four. In 1962, he graduated from City College where he majored in political science and was president of the NAACP chapter.

SIMON GOURDINE

The four-foot river dog of the Nile is a voracious fish with sharklike teeth.

Veterans Administration

The Veterans Administration own many homes throughout Pierce, King, and Snohomish counties which are for sale to veteran, non-veteran, homeowner and investor alike. Purchasers with steady employment and good credit can buy these two, three, and four bedroom homes at a fair price with terms to meet their budget.

Your own broker is best able to show our homes and you are assured of helpful cooperation when you deal with them. If you are considering the purchase of a home, call your broker and ask to see his list of VA acquired property.

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Police Patrol Officer

City of Bellevue is excepting applications for Civil Service examination Jan. 20, 1973, 9 a.m. Final date for filing: Jan. 10th. Open to men and women for regular Patrolman duties.

Requirements

21-33; 5'6"-6'6"; weight proportional to height; excellent physical condition; minimum uncorrected vision 20/100; Education-90 college credits desired, but not required. Salary to start $770. Paid college incentive plus other benefits

Apply: Personnel Office, 111-116th Ave. S.E., 454-8161, Ext. 317

An Equal Opportunity Employer

THERE WAS AN American contractor in Mexico who gave orders to grease the creaking wheels of the wagons his men were using. After his order had been carried out the men refused to work—they had grown accustomed to that creaking and liked it.

AMERICAN OPINION

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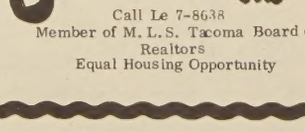

Call Le 7-8638
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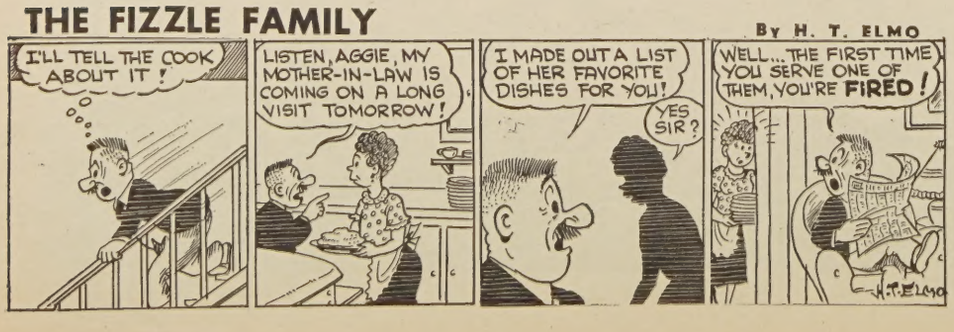
THE FIZZLE FAMILY

By H. T. ELMO


I'LL TELL THE COOK ABOUT IT!
LISTEN, AGGIE, MY MOTHER-IN-LAW IS COMING ON A LONG VISIT TOMORROW!
I MADE OUT A LIST OF HER FAVORITE DISHES FOR YOU!
YES SIR?
WELL... THE FIRST TIME YOU SERVE ONE OF THEM, YOU'RE FIRED!
H.T. Elmo

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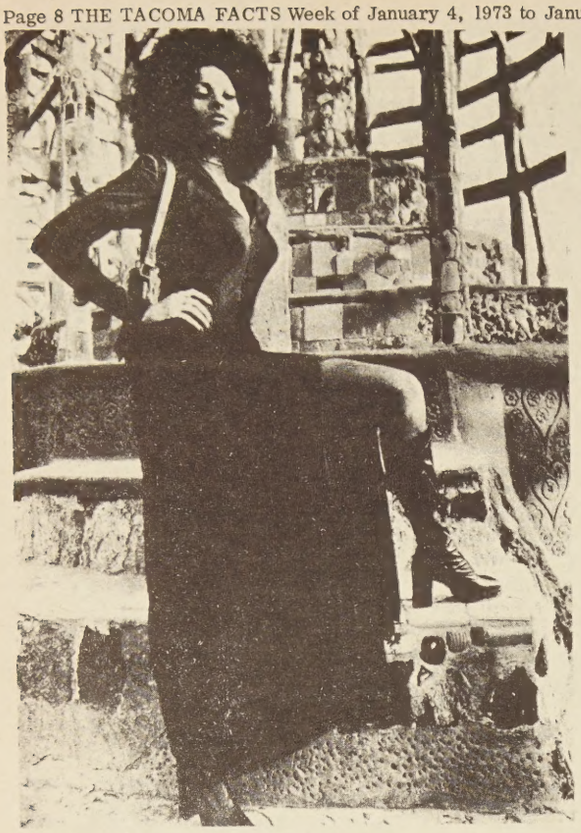

Pam Grier plays Gozelda, a sensuous young beauty in "Hit Man." In the film she seeks fame and fortune and would sell her soul to the devil if the price is right. The film stars Bernie Casey who plays Tyrone Tackett, a super slick hustler who avenges his brother's death.

CONNER THEATRES

RIALTO MA 7-0385
G Express 2:40-6:20-9:55 Lion 12:45-4:20-7:25
2 DISNEY HITS 2
DEAN JONES
NANCY OLSON in
"SNOWBALL EXPRESS"
And
"THE AFRICAN LION"

ROXY MA 7-4585
R Summer 6:25-9:45 Sam 8:15
In everyone's life there's a
"SUMMER OF '42"
Plus WOODY ALLEN in
"PLAY IT AGAIN, SAM"

TEMPLE MA 7-0501
PG Deliverance 6:05-9:40 Dealing 8:05
JON VOIGHT
BURT REYNOLDS
in "DELIVERANCE"
Plus
BARBARA HERSHEY
in "DEALING"

NARROWS LO 4-6111
R Poseidon 8:55 Rock 7:05
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Diana Ross New Star Of The Year For Hollywood Women's Press Club

Hollywood, December 14 - Diana Ross was named the 'New Star of the Year' by the Hollywood Women's Press Club at its 32nd Annual Golden Apple Awards Luncheon.

Miss Ross was selected for the prestigious honor following her Oscar-worthy motion picture debut in "Lady Sings The Blues," a Motown-Paramount production based on the life of the late Billie Holiday.

The Hollywood Women's Press Club is comprised of more than 170 Hollywood representatives (newspaper, magazine, radio & TV, recording; publicists, freelance writers, foreign correspondents, fashion editors and producers).

The Golden Apple Awards are presented annually to the Female, Male and New Stars of the Year.

The presentations were made last Sunday at a Christmas luncheon in the Crystal Room of the Beverly Hills Hotel.

The Man Behind Mrs. Jones

In an age when most dreams have all but been abandoned, Philadelphia International Records Billy Paul has made his own aspirations come true. At the age of 37, Billy had done what most music critics would call impossible. He has launched a new singing career with one of the year's biggest singles, "Me and Mrs. Jones." The song, which deals with the taboo subject of an affair with a married woman, gained Billy a Gold record, and has sold, to date, over one and a half million copies.

How does Mr. Paul feel about his "overnite" success? Sitting in one of Philadelphia International's New York offices, and easy-going Billy Paul comments: "I don't think I feel any different about it, 'cause I'm going to be me. I think the basic thing is just dealing with everyday life and what's relevant now. If I'm in 'Vegas tomorrow and down on the corner the next day, I'm still the same person. And I don't take 'Vegas over the corner. The same show I give in 'Vegas I'll give in any small club. I want to reach everybody with my music."

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SMOKE SIGNALS

The Hartford Insurance Group's Junior Fire Marshal program advises that emergency numbers—especially for the fire department—should be left on or next to the telephone. Small children should be taught to dial "0" for help in a fire or any other emergency.

Ali's friend's new car is better than ones IRS took in tax fight

PHILADELPHIA — Not so very long ago Major Coxson was making his way around town on the back of a chauffeur-pedaled bike. That was after the Internal Revenue Service confiscated Coxson's two cars because the government said he was a tax delinquent.

Some of Coxson's friends didn't feel it was proper for a mayoral candidate — he's running next May for mayor of Camden — to campaign from the back of a bicycle built for two.

So one of his closest friends, Muhammad Ali, went out and got Coxson a custom-built, bullet proof limousine.

• • •

The cost of the limousine, currently glistening in a Chestnut Hill showroom, ranges anywhere from $40,000 to $150,000 but the price depends on who's quoting it.

The $150,000 quote comes from Coxson, the $40,000 from the former heavyweight champ.

Coxson, who lives in Cherry Hill, N. J., where Muhammad resides, will pick up the car when its bulletproof tires, which cost $400 each, are delivered.

Coxson and Ali inspected the limousine Monday.

There's not a car like it in the country," said Coxson.

"I've ridden in a lot of cars, but this one is a knockout."

• • •

The 22-foot long limousine has mink carpeting, a color television, bar and a refrigerator in the rear compartment and two telephones.

It even has a sink for the bar.

It also, has a slight dent in the left fender.

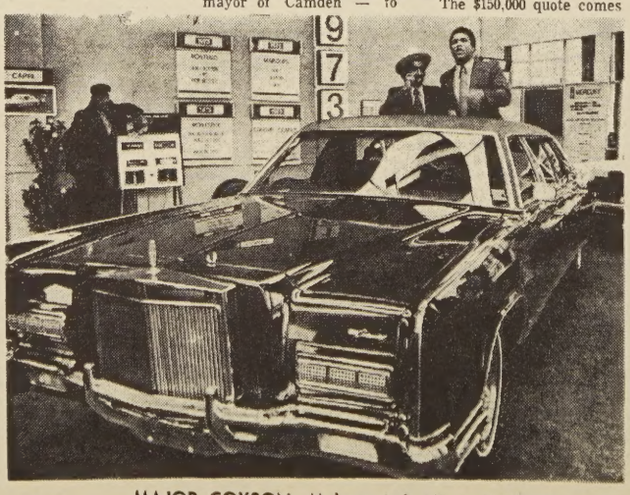
• • •

Except for the weight, "it's exactly like President Nixon's car," Coxson beamed.

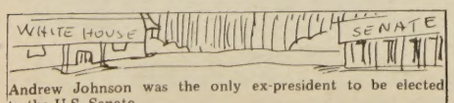
"Muhammed says if I have a white house I should drive the same thing the President of the United States drives. And now I do, only his weighs alittle more."

Coxson's campaign headquarters is a huge white house in Camden.

Says Ali: "I want him to have something that's appropriate for a mayor, something that suits him. If he wins the election I just might give it to him."



MAJOR COXSON, Muhammad Ali and THAT car



Andrew Johnson was the only ex-president to be elected to the U.S. Senate.